



Howell Highlights

A Quarterly Publication by the Doris A. Howell Foundation for Women's Health Research

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- > Dr. Howell on Healthy Heart Guidelines
- > Recent Scholarship Donors and Circle Members

Howell Foundation Hosts Exciting Educational Events

Health Lecture Series Luncheons



"Aging and Alzheimer's Disease" July 11, 2007

Andrew Dillin, Ph.D. is Associate Professor of Molecular and Cell Biology at the Salk Institute.

"How to Treat a Woman...For Heart Disease" September 19, 2007

Christopher Glembotski, Ph.D. is a Professor of Biology at SDSU and the Director of SDSU's Heart Institute.



"Take a Nap, Change Your Life?" January 24, 2008

Sara C. Mednick, Ph.D. is a Research Scientist at UCSD and author of "Take a Nap, Change Your Life?"

Save The Date! October 19, 2007

Please plan to join us for a special talk and reception featuring renown scientist and author Marian C. Diamond, Ph.D. Event is co-sponsored by The Doris A. Howell Foundation, Women in Science & Engineering and Graduate Women in Science & Engineering.



Dr. Diamond

"An Enriched Life: My Experiences in Academic Science"

Dr. Diamond is a Professor of Neuroscience and Anatomy in the Department of Integrative Biology at UC-Berkeley, where she has researched how environmental input (enriched or impoverished) can alter brain structure and affect behavior throughout the life cycle. Dr. Diamond shares the impact of her findings with the public through popular books she writes and outreach programs she creates. She has authored several books including *Magic Trees of the Mind*. Her famed *Human Brain Coloring Book* revolutionized the learning of neuroanatomy. Dr. Diamond has translated her research results into practical advice for children, parents, teachers, social workers, and other members of society who deal with optimizing the human condition.

EVENT INFORMATION

Look for your invitations in the mail or call (858) 454-7797.

Health Lecture Series Luncheons

Dates: 7/11/07, 9/19/07, and 1/24/08

Time: 11:30a.m. registration, 12:00p.m. program and luncheon.

Cost: \$40- Howell Circle Members and \$50-Prospective members and guests.

Location: La Jolla Country Club
Reservations must be pre-paid and seating is limited.

Dr. Marion C. Diamond Event

Date: 10/19/07

Time: 2:00-4:00 p.m.

Cost: Event is free and open to the public. Parking provided upon request.

Location: Leichtag Biomedical Research Building, UCSD

Howell Highlights

Jeanne Nichols speaks on Successful Aging



Dr. Howell and guest speaker
Dr. Jeanne Nichols

At our April luncheon, Dr. Jeanne Nichols, a leading expert in Exercise and Nutritional Sciences, reported on the latest research into preventing falls and reducing osteoporosis risk. Dr. Nichols shared the encouraging news:

- osteoporosis fracture risks can be decreased by as much as 40% by walking 1-4 hours per week
- critical muscle mass and strength can be maintained or increased at any age (even in 90+ year olds)
- joint mobility and flexibility can be maintained or increased
- changing your environment can dramatically reduce the risk of falls

Dr. Nichols also provided important information about fall prevention programs and maximizing bone health.

Howell Scholars

Please consider supporting a Howell Scholar. Your gift will help to transform their dreams and efforts into knowledge that impacts women's health research. 2007 Howell Scholars from CalState include:



Howell Scholar Sunny Sojka attended the April luncheon and gave updates on her research

- Jessica Casey** - Drug Binding to Blood Proteins
- Cassandra Cox** - Characterization of Carcinogenic Compounds
- Rodrigo Rodriguez** - Targeting Breast Cancer Cells
- Kevin Rynearson** - Synthesis of Better Anti-Cancer Agents
- Sunny Sojka** - Identifying the Proteins Involved in Gametogenesis in *C. elegans*
- Jessica St. John** - Improving Melanoma Detection
- Katy Swancut** - Making Less Toxic Anti-Cancer Drugs
- Tung Tran** - Combating Antibiotic Resistance
- Lisa Vrooman** - Understanding Ovary Remodeling and Function
- Jason Zbieg** - Improving Antibiotic Activity

"Being a Howell scholar reinforced my decision to go into medicine. I have learned how important research is in making people's lives better."

**- Jack Yacoo,
Howell Scholar**

Thank you to our most recent Howell Circle Members whose generosity helps fund Howell Scholarships!

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 Gloria McCoy
 Holly Nappen

Please use the enclosed envelope to join or renew your Howell Circle membership.

Notes From Dr. Howell... Medical Highlights

Dear Readers:

LOVE YOUR HEART

One third of all heart attacks are silent, meaning no history, no warning signs! Now that heart disease is the leading cause of death in women it is imperative that women become activists in protecting their hearts and obtaining immediate medical attention for the two thirds of the cases which present with suspicious symptoms.

The American Heart Association states that Cardiovascular Disease in women is preventable. In February 2007 it published new guidelines for preventing heart disease. Memorize and practice these recommendations so you won't be one of the 3 women with a lifetime risk of dying of heart disease.

1. Diet - rich in fruits, vegetables, whole grains and fiber,
 - keep saturated fats to less than 15.5 grams per 2000 calories/day
 - keep trans fats to less than 2.9 grams per 2000 calories/day
 - keep sodium intake below 1 teaspoon/day
 - limit alcohol to 1 drink (1 oz./day)
 - eat fatty fish twice weekly (salmon, trout, light tuna, herring)
2. Physical activity - at least 30 minutes moderate exercise/day
3. Eliminate smoking
4. Weight control measured by Body Mass Index at 18.5 – 25:
 - waist circumference less than 35 inches
5. Blood Pressure - ideal 120/80
 - blood pressure above 130/80 should be treated
6. Cholesterol – low density lipid (LDL) less than 100mg
 - LDL less than 70 mg for women with heart disease, diabetes or kidney disease
7. Medications – do not take antioxidants, folic acid or estrogen
 - Aspirin - if over 65 years of age - 1 baby aspirin (80mg) per day
 - if high risk (high B.P., high LDL) - 1 aspirin (325mg) per day
8. Omega - 3 Fatty Acids - for women with known heart disease or high triglycerides

Doris

Howell Foundation and La Jolla Foundation for Molecular Medicine Research Join Forces in Support of Women's Health

Dr. Doris Howell and Dr. Carole Banka recently joined efforts in offering outreach programs for the public designed to communicate the science behind women health-related issues. Dr. Banka is the Director of Women's Health Research at the La Jolla Institute for Molecular Medicine and founder of "Innovations in Women's Health Research." Innovations next program features Dr. Amparo Villablanca, UC Davis professor and founder of the first women's cardiology clinic in America, on Thursday, October 11. Additional details at (858) 587-8788 or www.ljimm.org.

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The Doris A. Howell Foundation for Women's Health Research Presents...

"Aging and Alzheimer's Disease"



Andrew Dillin, Ph.D.

Please join us on Wednesday, July 11, 2007 as we hear from Dr. Andrew Dillin, Associate Professor in the Molecular and Cell Biology Laboratory at the Salk Institute. Dr. Dillin studies the genetic and molecular mechanisms that regulate aging and aging related diseases. Alzheimer's disease usually appears late in life, raising the question of whether it is a direct and disastrous consequence of aging or if the disease just takes a very long time to develop. Dr. Dillin discovered that the harmful plaques that riddle the brain of Alzheimer's patients accumulate when aging impedes two molecular clean-up crews from getting rid of these toxic build-ups. Mice and many other species subsisting on a severely calorie-restricted diet have consistently outlived their well-fed peers by as much as 40 percent. In 2006, Dr. Dillin identified the first gene that links calorie restriction to longevity. **Seating is limited, so please make your reservation early. Please note that all registrations must be pre-paid or held with a credit card, and walk-ins cannot be accommodated.**

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